



## Jordan Hip Thrust Bench (JF-SBEN-2-H)



The Hip Thrust Bench provides a safe and soft training zone for push-ups, glute lifts and more. The Hip Thrust Bench is equipped with high quality EVA foam to provide a soft but stable base for pushing off and a non-slip base to keep the user safe. The Hip Thrust Bench has become a popular kit choice used in many modern workouts. In addition, the Hip Thrust Bench can also be used as a stylish and comfortable resting place at the end of workout repetitions in the gym. The Hip Thrust Bench is designed for lower body training and hip thrust exercises, but is also large enough to be used for a variety of other exercises such as chest presses or dumbbell flies.

**CHF 199.00**

EVA foam performs better than EPE foam. It is more durable and has five times the strength and density of EPE. While this makes the product more expensive than EPE, it is especially worth it when the Hip Thrust Bench is used in a commercial environment.

- the wedge design ensures safe storage when stacking
- non-slip underside keeps you safe
- Materials: wipe-clean PVC, high quality EVA foam
- with printed exercise instructions
- Size: W91 x D36cm x H50cm
- Weight: 9kg
- Product in video differs from product offered